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Before joining AEI, Elisabeth was a senior research fellow at the Royal United Services Institute (RUSI) in London, whose Modern Deterrence project she led. Prior to that, she worked at Control Risks, a global risk consultancy. Elisabeth is a member of Krach Institute for Tech Diplomacy's advisory board, a member of the UK National Preparedness Commission and member of the steering committee of the Aurora Forum (the UK-Nordic-Baltic leader conference).

Elisabeth began her career as a journalist, reporting for Newsweek, the Christian Science Monitor, and the international Metro group of newspapers, among others. She regularly writes op-eds, including for the Financial Times, the Wall Street Journal, the Times (of London), Politico and (writing in German) the Frankfurter Allgemeine Zeitung. She is also the author of God's Spies, about the Stasi (2019).

Elisabeth, a national of Sweden, attended university in Germany, graduating with a Magister Artium in political science and German literature.